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# The Fort Jackson Leader

Thursday, October 13, 2011

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# Rescue mission

## Drill sergeant saves Soldier from choking

By **SUSANNE KAPPLER**  
*Fort Jackson Leader*

A Fort Jackson drill sergeant received the Army Achievement Medal after being credited with saving a Soldier's life in an incident last month.

Pfc. Conor Boland was only two weeks into Basic Combat Training when he experienced firsthand how helpful Army training can be, even in non-combat situations. Boland, a Soldier in training with Company A, 2nd Battalion, 39th Infantry Regiment, was late for dinner at the dining facility after completing a work detail.

"I was running into the DFAC, trying to

eat as quickly as possible. I took too big a bite of pork chop. It went down the wrong way and got lodged in my throat," Boland said. "I started coughing ... I tried to wash it down with some punch.

That didn't work. By that time, the person



LAWSON

sitting next to me started smacking my back, trying to help me out and that just caused the pork chop to turn."

Boland said that his airway were obstructed and that by that time, the incident had caught the attention of others in the dining facility.

"A lot of people took notice and I heard somebody yelling, 'Don't worry, someone will be there in a second,'" Boland said. "One of the drill sergeants ran up behind me and said, 'Are you OK?' I turned around. It was Drill Sergeant Lawson."

Staff Sgt. Phillip Lawson, a veteran of

See **NCO**: Page 13

## High-77



Photo by KAREN SOULE, public affairs officer

Fort Jackson's new billboard sits high above the trees, and the traffic, on Interstate 77 between exits 10 and 12 after its unveiling Friday. The billboard's unveiling, which culminates the yearlong project, gives passersby a glimpse of what goes on "behind the gates" of Fort Jackson.



# Preventing domestic violence a joint effort

**D**uring the month of October, we are observing Domestic Violence Awareness month with a number of activities that promote the prevention of domestic abuse. Here on Fort Jackson, Army Community Services' Family Advocacy Program traditionally organizes awareness events, calling attention to domestic abuse. ACS has provided this service to our community for the past seven years, and this year is no exception.

Tuesday, our Family Advocacy Program continued its quest to stamp out domestic abuse by hosting the 8th Annual Prevention of Domestic Abuse Community Awareness Day. The event was held at the Joe E. Mann Ballroom. Activities included a seminar featuring guest speakers from the community who are directly involved with supporting domestic abuse victims and survivors. This event reiterated how essential it is to bring together Army families, Soldiers, helping professionals, victims and survivors to create a network of compassion, diversity and resiliency to defeat domestic violence.

Americans have been unifying formally against domestic abuse for three decades. Domestic Violence Awareness Month evolved from the "Day of Unity" in October 1981, which had been conceived by the National Coalition Against Domestic Violence. The

**MAJ. GEN.  
JAMES M. MILANO**  
*Fort Jackson  
Commanding  
General*



intent was to connect advocates from across the nation, attempting to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state and national levels.

These activities were as diverse as the program sponsors but, nonetheless, they had common themes: mourning those who have died due to domestic violence, celebrating those who have survived, and uniting those to end the violence.

In the fall of 1987, the first Domestic Violence Awareness Month was observed. That same year marked the initiation of the first national domestic violence toll-free hotline. Two years later, Congress

designated October as National Domestic Violence Awareness Month.

Statistics indicate the need for the military to build social intolerance toward domestic abuse. We need to be always working on strengthening our programs to promote awareness and to encourage reporting. There are plenty of resources available on [myarmyonesource.com](http://myarmyonesource.com) for Soldiers and families. The page contains awareness campaign information and resources for victim advocates, along with prevention and educational services.

Fort Jackson will continue to do its part to combat domestic violence in its ranks. We will not only continue to highlight the awareness campaigns, but we will do everything within our means to aid victims, intervene in suspected cases and prosecute the perpetrators of these crimes.

Although the fight against domestic abuse is a difficult and grueling one, each individual contribution of awareness and education continues to boost the level of prevention in our society. With that being said, it is our duty to save lives from domestic abuse, one voice, one person, one event at a time. We will not tolerate domestic abuse undermining the cohesion of our community and families.

Army Strong and Victory Starts Here!

## *The Fort Jackson* **Leader**

**Fort Jackson, South Carolina 29207**

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## Change of Responsibility



*Photo by JESSE STEPHENSON, U.S. Army Chaplain Center and School*

**Chaplain (Col.) David Smartt passes the colors of the U.S. Army Chaplain Center and School to Command Sgt. Maj. Chantel Sena-Diaz during a Change of Responsibility ceremony Oct. 28 at the school. Sena-Diaz replaces Command Sgt. Maj. Marylena McCrimmon, right.**



The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). Call 751-7045 for information.



# Relocation program bridges cultural gaps

By **MIRANDA BROADUS**

*ACS Relocation Readiness Program*

As a foreign-born or American-born spouse, are you concerned about meeting new friends, available services and contact points regarding these issues? The Army Community Service Relocation Readiness Program has the answers for you.

Foreign-born spouses share the same emotions as Americans do when moving from state-to-state or from country to country; some however, do not share in the luxury of being closer to family members or friends and remain committed to being homebound.

The Relocation Readiness Program has always been a resource to individuals who are faced with and have concerns about American society. The Military Foreign Born Spouse and Multi-cultural Program provides assistance to Soldiers with foreign-born spouses by disseminating and distributing vital information. This information may come in the form of multilevel language programs, cross-cultural training and cultural mediation services.

Recognizing the numerous challenges that foreign-born spouses come across, such as adaptation to and flourishing in American culture, this group provides an opportunity for getting together and discussing all concerns or issues while sharing ideas and methods to help overcome specific language or culture barriers.

English as A Second Language classes

are offered for those who

are interested in

improving their

English skills,

finding a job

or a better job,

understanding the

citizenship exam, im-

proving their social skills, continuing their

education, having more confidence and understanding their

English-speaking friends or families.

Morning classes are offered on Mondays, 9-11 a.m., and

day classes are offered on Thursdays, 12:30 to 3 p.m. in the

Strom Thurmond Building, Room 222. Evening classes are

offered on Tuesdays and Wednesdays, 5-7 p.m. at the Main

Post Library. Child care may be available for morning and

day classes. ESL classes are open to all ID card holders and

DoD civilians. Registration is required.

## PROGRAM HOSTS OTHER EVENTS

□ ACS staff members invite foreign-born spouses and

their family members to take part in many fun filled events

being offered. The next event is Oktoberfest, Oct. 22, 10 a.m.

to 2 p.m. in Lexington. Oktoberfest is a German festival with

authentic German food tasting, vendors, drinks, free give-

aways, bouncy bounce, arts, crafts, face painting, live music,

and more.

□ On Nov. 12, 8 a.m. to

4 p.m., there will be

a shopping trip to

Concord Mills Out-

let. Enjoy a day of

shopping in North

Carolina. Concord

Mills features more than 200

stores including manufacturer and retail outlets,

off-price retailers and unique specialty stores. This trip is

limited to the first 15 people to sign up.

□ There will be a Thanksgiving Dinner Nov. 18, 6 -8 p.m.

at the Family Readiness Center located at 3499 Daniel

St. This is a potluck with music and games. Children are

welcome.

□ Dec. 3, 6-9 p.m., join us at Riverbank Zoo to enjoy the

Lights before Christmas. Bring the kids and the cameras, to

see Santa and lots of twinkling lights. Tickets cost: Adults:

\$8, children 3 and older: \$6, children 2 and younger: Free.

□ Dec. 16, 6-8 p.m. we will be hosting a Holiday Party at

the Family Readiness Center, 3499 Daniel St. There will be

food, karaoke, dancing, games, food, fun and Santa.

Plan now to attend and enjoy meeting new friends to fel-

lowship and have fun. Registration is required for all classes

and events by contacting Miranda Broadus, *miranda.broad-*

*us@us.army.mil*, 751-1124.



## Leader deadlines

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Send your submissions to *FJLeader@gmail.com*. For more information, call 751-7045.

## Domestic violence awareness



Photo by *SUSANNE KAPPLER*

**Col. James Love, garrison commander, addresses the audience during Tuesday's Prevention of Domestic Abuse Community Awareness Day event at the Joe E. Mann Center, which was hosted by the Family Advocacy Program.**

## Housing Happenings

### COMMUNITY UPDATES

❑ The Housing Services Office is hosting a Mock Home Inspection class 11:30 a.m. to 1 p.m., Tuesday. A licensed home inspector will provide critical information needed to protect residents from housing pitfalls, safeguard loved ones from potential hazards and minimize home investment risks. Learn about the different types of home inspections (i.e., structural, plumbing, HVAC, etc.), how to choose a licensed home inspector and why an inspection is vital even when moving into a new construction. RSVP by Oct. 21 at 751-9323/9339/5788. Space is limited. The class is open to all ID card holders. Lunch will be provided.

❑ On-post housing trick-or-treating is scheduled for 6-8:30 p.m., Oct. 31. Children and parents should wear reflective items as a precaution.

❑ A community yard sale is scheduled for 6 a.m. to 3 p.m., Oct. 22 at the Solomon Center. All on-post residents are invited to sell items. Sellers determine the cost of sale items and retain the full profit of sales. Contact 751-9339. Only on-post residents can sell items; however, shoppers from on and off post can purchase items.

❑ Sgt. 1st Class Nick Flowers and family are the September comment card winners.

❑ Decorate your house on or before Oct. 27 to be judged as the best Halloween decorations in housing. The winner, who will be announced Oct. 28, will receive a gift card.

❑ Showcase your carving skills by entering the housing pumpkin carving contest. Call the Community Management Office at 738-8275 and a staff member will come by to take a photo of your entry. All entries must be received by Oct. 27. The winner will be announced Oct. 28.

### CONSTRUCTION UPDATES

❑ To date, 494 homes have been completed.

❑ A total of 916 homes have been demolished to date.

❑ Senior noncommissioned officer homes are becoming available in the area near Evans Court and Willet Road.

❑ Construction is in the final stages in the vicinity of Hunt, Hartley and Thomas courts and are expected to be available beginning November.

### FLU SHOT SCHEDULE

Seasonal flu shots will be available to eligible beneficiaries starting on Monday, Oct. 15. Vaccinations will be given 8 a.m. to 3 p.m., in Room 6-01 at Moncrief Army Community Hospital. October dates are: Oct. 18, 19, 20, 21, 25, 26, 27, 28. Vaccinations will also be given at the Solomon Center, 8 a.m. to 3:30 p.m., Oct. 17, 24, 31.



# Money-saving tips help with holidays gift buying

## FINANCIAL ADVICE

By SHERRY L. WRIGHT  
Army Community Services  
Financial Readiness

For many people, the holidays being right around the corner means it is time for spending money. With buying gifts, hosting parties or traveling, holiday expenses can really start to add up. Today's economy makes the holiday season even more difficult.

When you are Christmas shopping, you are not required to empty your bank account on presents. Personal financial planning experts at the Minnesota Society of Certified Public Accountants state, "You can still buy your family and friends something they will love without going broke."

**Tip #1 Create a budget:** Create a budget for Christmas and stick with it. This can be easier said than done, so write out the budget and follow it. Keep it with you as a reminder. To help you out, write a list of the people for whom you are buying and gift ideas rather than specific items.

This way you can pick items within that idea that are inexpensive rather than spending the money on one specific item that may cost more than you should spend.

**Tip #2 Live within your means:** When the holidays roll around, people love to give presents to their loved ones. This does not mean that you should spend more than you can afford. This can cause future problems. You should always live



within your means, even around the holidays. Do not forget to follow the budget you made earlier.

**Tip #3 Personalize it:** The adage goes, "It is the thought that counts." Hence, there are no better ways to show how much you have thought of those people this holiday season than making

personalized gifts. People love to receive homemade gifts, and it can be a lot of fun to make them. Of course, it will also be inexpensive as well.

**Tip #4 Compare and shop:** You do not have to shop in one place. Compare the prices of the gifts you are purchasing. What costs a bundle in one store may cost a lot less in another. You may even find a similar gift that is less expensive.

There are three ways to compare the prices of gifts: 1) going from store to store to compare, 2) looking through sale ads, and 3) checking the official websites of the stores around you.

Regardless of which method you choose, you should always write down the locations and prices, so that you will not forget them.

**Tip #5 Look for deals, sales and promotions:**

Check the store websites, ads, and in-store signs to see when there will be any special deals, sales and promotions. During these specials, you will find that the price of some or most items have been reduced, making these items more affordable.

For guidance and information pertaining to your financial future, contact a financial counselor at Army Community Services at 751-5256.

## CPAC Corner

The leave year ends Dec. 31. Use or lose annual leave should be scheduled in writing prior to Nov. 19 avoid forfeiture. Normally, employees may carry forward no more than 240 hours of annual leave (360 hours in some cases) into the next leave year. Annual leave in excess of this may be forfeited.

Supervisors should review a current leave report to determine if there are employees with projected annual leave balances in excess of the amount that can be carried into the 2012 leave year. Supervisors must assure that annual leave subject to being forfeited is taken, or scheduled to be taken, or that employees indicate in writing their desire not to request or schedule the annual leave. Such documentation in writing is necessary to ensure the employee clearly understands the leave is subject to forfeiture.

Annual leave may be restored in the following situations:

a. The agency determines that an exigency (work situation requiring immediate action) of the service exists, the exigency was the basis for preventing the employee from using leave, and the annual leave is scheduled and approved in writing before Nov. 19.

The scheduling record is required as a basis for restoration of leave forfeited for reasons beyond the control of the employee. The local MACOM activity commander must approve the work exigency.

b. The sickness of the employee when the annual leave was scheduled before Nov. 19.

c. The agency makes an administrative error that causes the loss of annual leave otherwise accruable.

The requirement to schedule the

annual leave in advance does not apply to emergency essential employees in a combat zone and those employees not deployed to a combat zone but whose services are required by the current national emergency. Their use or lose annual leave will be automatically restored, whether it was scheduled or not.

The request to restore an employee's annual leave must include a memorandum stating the exigency of the service that existed approved by the local MACOM activity commander and a copy of the scheduling record that indicates the leave was scheduled and approved prior to Nov. 19.

The request should be submitted through the CPAC to the payroll office.

If you have questions, please contact your servicing human resources specialist at the CPAC.



## News and Notes

### CONSTRUCTION UPDATE

The main entrance road to Moncrief Army Community Hospital off Marion Avenue is closed because of construction. When exiting the ground floor parking lots, turn left onto Stuart Street and proceed to Hill Street.

### BASKETBALL CLINIC SCHEDULED

The University of South Carolina men's basketball team will conduct a fan experience event from 4 to 5 p.m., Oct. 20 at C.C. Pinckney Elementary School. For more information, visit [www.fort-jacksonmwr.com](http://www.fort-jacksonmwr.com).

### COMMUNITY TOUR SET

A "Come see your Army" tour is scheduled for Oct. 27. Participants will attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch in a dining facility; and shop for souvenirs. RSVP is required by Oct. 20. For more information and to register, call 751-1474.

### GATE 4 PROCEDURES CHANGE

Gate 4 is open only to inbound traffic from 6 to 10 a.m., Wednesdays and Thursdays. During these times, motorists will not be able to exit the installation through Gate 4.

### GATE 1 SHOP CHANGES HOURS

The Gate 1 Express (formerly called the Shoppette) is now open from 7 a.m. to 6 p.m., Monday through Friday and from 10 a.m. to 6 p.m., Saturday and Sunday.

### HISPANIC HERITAGE EVENT SET

Fort Jackson's National Hispanic Heritage Month celebration is scheduled for 11:30 a.m. to 6 p.m., Saturday at Patriot Park. The celebration will provide a variety of entertainment and food vendors, and guest speaker Myriam Torres, director of Latino Immigration Studies at the University of South Carolina's Arnold School of Public Health, will serve as guest speaker.

### INFORMATION LOST

A compact disk containing personal information of nearly 25,000 non-appropriated fund retirees was lost in the mail in August. Retirees whose information is at risk have been sent notification letters. IMCOM has established a 24/7 hotline for concerned retirees. The hotline number is (210) 466-1640.

### PHOTOGRAPHERS WANTED

Submissions for the Army Digital Photography Contest are accepted through Oct. 16. The contest is open to Soldiers, DA civilians and family members. For more information, call 751-0891. To submit photos, visit <https://apps.imcom.army.mil/APPTRAC>.



Air Force photo by AIRMAN 1ST CLASS AMBER E.N. JACOBS

**Col. Benjamin Matthews, 4th Battlefield Coordination Detachment commander, sings the Army Song after assuming command of the unit during a change of command ceremony at Shaw Air Force Base Oct. 5.**

# Shaw's 4th BCD changes command

**By SGT. 1ST CLASS TONY SPAIN**  
*Third Army/ARCENT Public Affairs*

SHAW AIR FORCE BASE, S.C. — Col. Benjamin M. Matthews assumed command of the 4th Battlefield Coordination Detachment Oct. 5 from Col. Thomas L. Kelly in a ceremony presided by Lt. Gen. Vincent K. Brooks, commanding general of Third Army/ARCENT, at Shaw Air Force Base.

"Col. Matthews is a distinguished Soldier with extensive experiences in operations from around the world including multiple tours in combat. He has firsthand knowledge of providing support to ground forces calling for support from the air," Brooks said. "Moreover, his experiences at high-level joint commands and recently as the chief of field artillery assignments branch provide him the unique insights that are bound to benefit 4th BCD and the components of U.S. Central Command."

Matthews, whose most recent prior assignment was as the Field Artillery Branch Chief, Army Human Resources Command, Fort Knox, Ky., said he is honored to take command of a unit with great mission success and respect.

"It is a great honor to join the Third Army team and take command of the 4th Battlefield Coordination Detachment. The 4th BCD has become a household name that's a combined air operations center in Al Udeid Air Base, Qatar," the

Atlanta native said.

"The tremendous professionalism and the selfless service displayed by Soldiers for seamless day-to-day efforts integrating air and ground combat operations while deployed has impressed, amazed and not gone unobserved by Soldiers and units conducting counter-insurgency operations in Iraq and Afghanistan. The Soldiers standing before you today play an essential role in that effort, and I am humble to take command and our nation is grateful for their service."

The mission of the 4th BCD is to serve as the liaison between the combined forces land component commander and the combined forces air component commander to facilitate and synchronize air and ground operations in the designated area of responsibility to ensure that ground forces receive air support. The 4th BCD is the ground forces' primary joint fires and effects coordinators for the employment of air power in support of ground combat operations.

"There are only five such units in existence and this one, the 4th BCD, is clearly the most combat experienced and combat tested among the five," Brooks said.

"This unit is continuously deployed in theater, making it possible for thousands of joint tactical air requests, hundreds of air drop missions to remote locations, thousands of hours of surveillance from the air and from space," Brooks added. "All these things happen in a way that makes a difference, often the difference

between life and death in places like Iraq and Afghanistan."

Brooks then praised Kelly, saying he had been a superb commander of the 4th BCD.

"There is no question on the impact of your service on the lives of others. So thanks for your leadership, thanks for representing ARCENT everyday and representing the United States Army as well."

Kelly, a Charlotte, N.C., native who took command in December 2009, reflected on his time as the 4th BCD commander and fully welcomed Matthews as the new commander.

"I have had the privilege to lead and command this team of professionals the last two years and while I am personally sad to leave the 4th BCD, I am professionally excited and pleased the next commander is Col. Ben Matthews. He and his family bring a wealth of talent and experience to the mission and I am confident that Ben and Catherine are the right team to lead the BCD," Kelly said.

Kelly will stay at ARCENT as one of the senior officers in the headquarters.

Brooks also gave words of advice and ensured his confidence in the new commander.

"Do your best every day for your Soldiers and their families and the civilians that are represented by that guidon that I just placed in your hands," Brooks said. "We trust you and are confident that you will have a great command."

# ESGR names chairman

## Special to the Leader

John Green was recently selected and named chairman for the state of South Carolina Committee for Employer Support of the Guard and Reserve for a second consecutive term.

Employer Support of the Guard and Reserve was established in 1972 to develop and maintain employer support for Guard and Reserve service. ESGR advocates relevant initiatives, recognizes outstanding support, increases awareness of applicable laws, and resolves conflict between service members and employers. Paramount to ESGR's mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce.

Green will continue to be the DoD's executive

official leading South Carolina ESGR and overseeing the implementation of this mission for approximately 20,000 South Carolina Reserve Component personnel.

The chair is an official Department of Defense volunteer position. The position carries a three-year term and the protocol of a military two star flag officer. Green will provide the leadership and vision for a team of more than 100 dedicated volunteers that are spread all across the state of South Carolina.

For more information about ESGR Employer Outreach Programs and volunteer opportunities is available at [www.esgr.mil](http://www.esgr.mil), or by contacting Derek Shumpert,

SCESGR program support technician at [Derek.Shumpert@us.army.mil](mailto:Derek.Shumpert@us.army.mil) or 806-2515 or Lt. Col. Ted Hart, military assistant for SCESGR state chair at [Ted.Hart@us.army.mil](mailto:Ted.Hart@us.army.mil).

## SECURITY TIPS

- ☐ Be aware of any security clearance status.
- ☐ Know the organization's security manager and his/her location.
- ☐ Be familiar with the effects your personal conduct and financial status can have on a security clearance.
- ☐ Know that a security clearance can be revoked just as fast as it is granted.
- ☐ Be aware that it is each person's responsibility to complete the Electronic Questionnaires for Investigations Processing (e-QIP) in a timely manner.
- ☐ Remember, access to classified information is granted only on a need-to-know basis to those with the proper clearance.
- ☐ Make sure classified material removed from storage will be kept under constant surveillance and control by authorized personnel.
- ☐ Keep in mind that all classified document or files not in a security container will have a coversheet placed on it. Standard Forms 703 (TOP SECRET Cover Sheet), or 704 (SECRET Cover Sheet) will be used.
- ☐ Make sure at the close of each working day that all classified material is properly secured, and conducted an End-of-Day security checks, Standard Form 701 and 702 will be used to record such action.
- ☐ Make sure DD Form 2501 (Courier Authorization Card) in the possession of anyone who need to hand carry classified information. See the unit security manager to receive the form if it is not already available.

## Fire prevention carnival



Photo by CAPT. JOSE GONZALEZ, Third Army

From left, Darnell Smith, 3, Merhawi Smith, 2, and Keon Smith, 5, look at instructions on how to put together a family fire escape and safety plan Saturday at the Fort Jackson Fire Department Fire Prevention Week Kick-Off Carnival. Each boy received a fire prevention T-Shirt.

*Watch Fort Jackson video news stories and Victory Updates*

*at <http://www.vimeo.com/user3022628>*

*Follow the Fort Jackson Leader on Twitter*

*at <http://twitter.com/Fort-JacksonPAO>*

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# Tips help keep children cyber safe

As the cool weather approaches our doorstep and the leaves start to turn, I would like to take a moment to stop and reflect on the difference in perspective the change in seasons provides us as we trade another long, hot summer for a much-welcomed autumn breeze here on Fort Jackson.

On the subject of change, I believe that a different perspective is often needed in order to truly understand a difficult issue. This statement definitely stands true regarding cybersecurity.

October is National Cyber Security Awareness Month, and the overarching theme for this year is, "Our Shared Responsibility." This theme reminds us all how we are infinitely interconnected through cyberspace and that we all have an important role in securing our online environment.

Many people associate good cybersecurity with sound security decisions and/or actions they themselves take directly on computer systems across the internet or into "the cloud" be it in the workplace or another official capacity. Although that is a very important viewpoint, it is only one piece of the cybersecurity puzzle.

The cyber awareness of those around us, including our co-workers, friends and family members affect both our personal and our organization's overall cybersecurity stance as well. One crucial topic of cybersecurity that is of increasing concern to the Fort Jackson community is family cybersecurity — or more specifically — keeping our children safe in cyberspace.

We pour a great deal of our energy and resources into government cybersecurity initiatives, but what about what goes on right inside our own homes while our children surf the Internet?

It is time for us to invest a little bit of energy into pro-

## Commentary

By JENNIFER PHIFER  
Network Enterprise Center



viding a safer cyber environment for our children. While it is simply not possible to be 100 percent secure while online, there are some simple steps that parents can take to provide a more secure cyber environment for their children. By observing the four steps below, you can become more aware of your family's internet habits as well as help to prevent cybersecurity incidents before they can occur:

**1) Talk to your children about their Internet chat, social networking and browsing habits.**

Parents who keep an open dialogue with their children are more informed about their children's interests and are better able to take action to mitigate individual cyber threats for their families. The rule of thumb for anyone engaged in social media is not to place anything on your site that you wouldn't mind seeing on a billboard. Also, be very careful who has access to view your private sites. "Friend" is a term used a little too loosely in our Internet jargon today and can be very misleading for young people.

**2) Use parental controls and review your internet history often.**

Parental controls allow parents to select which sites their children are allowed to access. All major operating

systems, including Microsoft Windows Vista and Windows 7, offer "parental controls" that allow parents to restrict Internet and computer usage. This is an invaluable tool in helping to prevent malicious logic, such as viruses, spyware and software, from making its way onto your computer. Also, review your computer's Internet browsing history often. This will give you a good indication of which sites your children visit online. If any of these sites collect personal information, you should discourage their use immediately.

**3) Always use anti-virus software.**

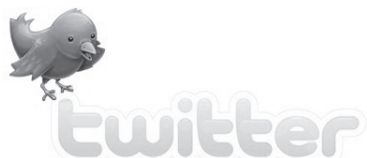
Always use anti-virus and anti-spyware programs on any computer connected to the Internet, period. Remember to keep the computer updated and adjust your security settings within your anti-virus software to account for your family's browsing habits, as necessary.

**4) Remind children never to talk to strangers online.**

This is perhaps the most important rule of family cyber safety. Children should never give out personal information (phone numbers or addresses) to anyone online and should only use nicknames or just a first name for online chat and social media, if engaging in these activities is allowed. They should never plan to meet in person anyone whom they have met online without parental approval and supervision.

For more information on National Cyber security Awareness Month, visit the Department of Homeland Defense website at: [http://www.dhs.gov/files/programs/gc\\_1158611596104.shtm](http://www.dhs.gov/files/programs/gc_1158611596104.shtm).

*Editor's note: Do you have questions relating to cybersecurity or Safe Home Computing tips for you and your family members? Contact Jennifer Phifer, Fort Jackson installation information assurance manager, at 751-2942 or [jennifer.l.phifer.civ@mail.mil](mailto:jennifer.l.phifer.civ@mail.mil).*



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# Army bracing for more budget cuts

By C. TODD LOPEZ  
Army News Service

WASHINGTON — The potential of DoD facing additional budget cuts of \$500-600 billion over the next 10 years keeps him “up at night,” said Secretary of the Army John McHugh to a panel of journalists recently.

The Department of Defense is already looking at budget cuts meant to save the federal government \$450 billion over 10 years. In addition, lawmakers who are part of the “super committee” are looking to find an additional \$1.2 trillion in savings over the same period. If they fail to do so, as much as half of that amount could automatically be taken from the DoD through “sequestration,” McHugh said.

“I think we’re in a positive position to accommodate at least the \$450 billion or so in cuts that have been scheduled against the DoD to this point,” McHugh told a panel of journalists during the opening hours of the 2011 Association of the United States Army Annual Meeting and Exposition in Washington, D.C.

“Additional cuts coming out of that process, particularly the potential of sequestration, and the \$500-\$600 billion or so of additional cuts that would likely (be brought) against the Defense Department, I would think it is fair to say (would be) catastrophic,” McHugh said, “certainly to the Army and certainly to our national defense posture.”

Chief of Staff of the Army Gen. Raymond Odierno said that the potential of a “hollow force” would not come to fruition, however. Instead, he said, a ready and capable force would exist — though size might be affected.

“No matter what happens, we are not going to have a

hollow force,” Odierno said. “We are going to have a force that is a certain size; that has the modernization and readiness necessary to be quality.”

The general said despite the quality of such a force, and its readiness to deploy and fight, it would be questionable what could be done with it.

Both McHugh and Odierno agreed that cuts to the DoD would likely be shared equally across the three military departments — the Army, the Navy and the Air Force. The Marine Corps falls under the department of the Navy.

Earlier, at the opening ceremony of the 2011 AUSA event, McHugh addressed a room of more than 3,000 guests — including Soldiers, civilian employees and defense contractors.

During his opening remarks there, the secretary pointed out that while all services contribute to the fight, it is the Army that carries the brunt of the mission in both Iraq and Afghanistan.

“There’s no getting around the fact that it is the Army that has been saddled with much of the burden these past years, providing between 50 to 70 percent of our deployable forces,” McHugh said, addressing an audience that was likely half Soldiers. “While I am loathed to view our men and women in uniform as mere budgetary statistics, I think it is important to remind people that while the U.S. Army represents half of our nation’s entire force, we consume only a quarter to 30 percent of the entire defense budget.”

The secretary said that decision makers often fail to



McHUGH

correctly predict the nature of future conflicts and that following conflicts like World War I, World War II, and Korea, for instance, budget decisions were made based on the notion that ground forces were no longer relevant -- those decisions ended up depleting Army forces and reducing quality of life for Soldiers and their families.

This time, he said, the Army has seen the economic downturn in advance as well as the impending budget cuts.

“Unlike in the past, this time we have seen this downturn coming for some time,” he said. “We have been analyzing the best ways to meet these challenges, and as such I can tell you we are better positioned than at any time

in our nation’s history to deal with the fiscal realities and do it in a way that truly makes sense.”

Part of dealing with fiscal realities, he said, is cuts to end strength — the total number of men and women in uniform. The end strength will eventually “look different” than it does now, he said. And with the drawdowns in Iraq and Afghanistan, he said he thinks the Army can handle the challenge of end-strength reductions.

But he was cautious to hope that cuts don’t come too quick or too clumsy.

“But what is critically important, is that no matter what the force ultimately looks like, we have sufficient time to ramp down to ensure we do it in a balanced way and that we have what is necessary for training and equipment and reset,” McHugh said.

## NCO recognized for performing the Heimlich

Continued from Page 1

two tours of duty in Iraq and native of Williamsburg, Ky., took immediate action.

“I walked over and I saw that he was choking and I reached around and gave him the Heimlich maneuver,” Lawson said. “I gave him two thrusts and the chunk of meat just popped right out on the floor, just like in the movies.”

Lawson, a cavalry scout, said he credits his Army training with knowing what to do and keeping cool under pressure.

“It goes back to the very first first sergeant I deployed with,” Lawson said. “He always said, ‘Panic is contagious on the battlefield, so even if things are crazy, you just have to stay calm and let it play out.’”

Lawson said he was surprised when he found out that he would receive an award for his actions. He was awarded the Army Achievement Medal Oct. 6 — a well-deserved honor, said Capt. Robert Snipes, his company commander.

“It just shows he’s a true professional, and he’s a true leader of Soldiers by caring about them,” Snipes said.

Boland said the experience changed his perspective on basic training and life, in general.

“To me, for a while it was hard assimilating to basic training and I really didn’t have any sort of empathy for the drill sergeants. ... It changed the way that I thought about things. It was a humbling experience,” Boland said. “It gave me newfound respect for that whole trust within a team (concept). When working with others, you can’t always just completely rely on yourself. You have to be



BOLAND



Photo by SUSANNE KAPPLER

**Staff Sgt. Phillip Lawson, right, a drill sergeant with Company A, 2nd Battalion, 39th Infantry Regiment, looks on as Soldiers qualify on one of Fort Jackson’s shooting ranges. Lawson was awarded the Army Achievement Medal for performing the Heimlich maneuver on a Soldier.**

able to depend on the person next to you to help you out when you need it most.”

Lawson said he plans to use the situation as a training tool.

“We teach (Soldiers) how to do (the Heimlich), but they take it for granted. Don’t take it for granted and don’t panic. That’s the lesson learned that I give out about it,”

Lawson said. “Stay calm and your training will carry you through. And that’s a perfect example of it. We teach the Heimlich maneuver. Just don’t panic and apply it and it’ll work. That works for everything else, whether it’s shooting, a tourniquet, a battle drill — it all works the same.”

Susanne.Kappler1@us.army.mil



# Saluting this BCT cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class  
Jeri Pihlaja**  
Company A  
1st Battalion,  
34th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Christopher Rogers

**SOLDIER OF THE CYCLE**  
Pfc. Vanessa Riano

**HIGH APFT SCORE**  
Pvt. Christopher Cleare

**HIGH BRM**  
Pvt. Brandon Broadus



**Staff Sgt.  
Evola Ahemn**  
Company C  
1st Battalion,  
34th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. James Fries

**SOLDIER OF THE CYCLE**  
Pfc. Pamela Morago

**HIGH APFT SCORE**  
Pvt. Alicia Seeley

**HIGH BRM**  
Pvt. Joseph Pennell



**Staff Sgt.  
Daniel Rocks**  
Company D  
1st Battalion,  
34th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Gordon Douglas

**SOLDIER OF THE CYCLE**  
Spc. Charles Broyles

**HIGH APFT SCORE**  
Pvt. Brandon Hulsey

**HIGH BRM**  
Pvt. Zachary Merisotis



**Staff Sgt.  
Scott Harrison**  
Company E  
1st Battalion,  
34th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Theodore Dennis

**SOLDIER OF THE CYCLE**  
Pfc. Dakota Dunks

**HIGH APFT SCORE**  
Pfc. Lela Senstock

**HIGH BRM**  
Pvt. Derek Cokonis

## SUPPORT AWARDS OF THE CYCLE

**STAFF SUPPORT**  
Staff Sgt. Mahtehwho King

**TRAINING SUPPORT**  
Chaplain (Capt.) Hyun Ha

**SERVICE SUPPORT**  
Jerry Butler

**DFAC SUPPORT**  
Andre Hunter

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# Recurring meetings

WEEKLY

**Fort Jackson Boy Scouts**  
Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

**Walking away stress**  
Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

**Play group**  
Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

**Range control briefing**  
Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

**Columbia Composite Squadron (Civil Air Patrol)**  
Mondays, 6:30 p.m., Owens Field, main conference room. E-mail *Tom.Alsup@gmail.com* or visit *www.scwg.cap.gov*.

**Helping Everyone Reach Optimum Strength**  
Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

**Protestant Women of the Chapel**  
Tuesdays, 9 a.m. to noon, Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail *jackson.pwoc.org*.

**American Red Cross**  
Volunteer orientation is every Wednesday, 1 to 4 p.m., and every Thursday, 9 a.m. to noon. Only one session is required. Additional training is necessary for those volunteering in a clinical setting. Call 751-4329.

MONTHLY

**Fort Jackson Cub Scouts**  
First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869

**Fort Jackson Bass Club**  
First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit *www.jacksonanglers.com*.

**Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4**  
Second Monday of the month, 6 p.m., 511 Violet St., West Columbia, 467-8355 or *gblake12@sc.rr.com*.

**Weight Loss Surgery Support Group**  
— Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.  
— Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

**Seabees**  
Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

**Veterans of Foreign Wars Post 641**  
Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

**Sergeant Audie Murphy Club**  
First Tuesday of the month, 11:30 a.m., Post Conference Room, *www.jackson.army.mil/360/SAMC/home.htm*.

**American Legion Post 182**  
First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

**Adjutant General Corps Regimental Association**  
Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club.

**National Federation of Federal Employees**  
Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or *NFFE@conus.army.mil*.

**Fleet Reserve Association Unit 202**  
Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

**Veterans of Foreign Wars Gandy-Griffin Post 4262**  
Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

**Vietnam Veterans of America Chapter 303**  
Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

**Purple Heart #402**  
Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

**Better Opportunities for Single Soldiers**  
First and third Wednesday of the month, 11:45 a.m. to 12:45 p.m., Single Soldier Complex, Building 2447, 751-1148

**Victory Riders Motorcycle Club**

First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail *sec@ffvictoryriders.com*.

**The Rocks Inc., James Webster Smith Chapter**  
Third Thursday of the month, 5:30 p.m., Post Conference Room.

**American Legion Riders Motorcycle Group**  
Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.

**Society of American Military Engineers**  
Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

**MEDPROS training**  
Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail *Erica.Aikens@amedd.army.mil*.

**Retired Enlisted Association**  
Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail *jrodgers11@sc.rr.com*.

**92nd Buffalo Chapter 20 DAV**  
Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

**Ladies Auxiliary VFW Post 641**  
Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

**Ladies Auxiliary VFW Post 4262**  
Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

**Combat Vets Motorcycle Association**  
Third Sunday of the month at noon, (774) 451-7504, e-mail *armyaguiar@yahoo.com* or visit *www.combatvet.org*.

**Sergeants Major Association**  
Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail *William.huffin@us.army.mil*.

SUBMISSIONS

To submit a recurring meeting, email the name of the group, when and where the meeting takes place and contact information to *ffleader@conus.army.mil*.



Calendar

**Thursday, Oct. 20**  
**American Society of Military Comptrollers, Palmetto Chapter meeting**  
11:30 a.m. to 1 p.m., NCO Club  
For more information, call 751-4300/8086.

**Tobacco cessation orientation**  
3 to 4 p.m., MACH, third floor conference room  
For more information, call 751-5035.

**Friday, Oct. 21**  
**An evening of pink — breast cancer awareness presentation**  
6 to 10 p.m., Officers’ Club  
Doors open at 5:30 p.m. Tickets cost \$7.  
For more information, call 751-2974/5251.

**Tuesday, Oct. 25**  
**Mock home inspection class**  
11:30 a.m. to 1 p.m.  
The class is open to all ID card holder. RSVP is required by Oct. 21. For more information, call 751-9323/9339/5788.

**Friday, Oct. 28**  
**BOSS Halloween party**  
6 to 10 p.m., Alpine Lodge at Heise Pond  
The event is free and open to all. Wearing costumes is encouraged. Light refreshments and food will be provided.

Housing events

*All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.*

**Saturday, Oct. 22**  
**Community yard sale**  
6 a.m. to 3 p.m., Solomon Center  
Shoppers from on and off post are invited to attend. For more information and to reserve a table, call 751-9339.

Announcements

**BOSS FOOD DRIVE**  
Better Opportunities for Single Soldiers will conduct a food drive Nov. 1 through 18. For more information, call 751-1148.

**SCHOLARSHIP OFFER**  
The Council of Colleges and Military Educators is awarding 10 scholarships, five to active-duty service members, five to military spouses. The deadline to apply is Nov. 1. For more information, visit [www.ccmeonline.org/scholarships.aspx](http://www.ccmeonline.org/scholarships.aspx).

**NOMINATIONS SOUGHT**  
The Marine Corps Heritage Foundation is accepting nominations for people who portrayed or recognized aspects of Marine life, culture, history or work. For more information, visit [www.marineheritage.org/awards.asp](http://www.marineheritage.org/awards.asp).

**SKIES TRANSPORTATION**  
SKIES Unlimited is offering on-post transportation to classes for children who attend Child Youth and School Services child care facilities on post. For more information, call 751-6777.

**DPW ONLINE SERVICE ORDERS**  
The Directorate of Public Works online service order system is only available to users who have completed the DoD Enterprise Email migration. Service orders can also be requested by calling 751-7684 or by calling the emergency service hotline at 562-3637.

**DHR TRAINING CLOSURES**  
Some Directorate of Human Resource offices will be closed for training on the third Tuesday of each month. Prior to closing each month, a list will be available indicating which activity will be closed that month for training.

**FCC PROVIDERS NEEDED**  
The next Family Child Care orientation training is scheduled from 8 a.m. to 4 p.m., Oct. 31 through Nov. 4 at the Joe E. Mann Center. Military spouses who live on post and DSS registered off-post child care providers may apply to become certified. Applications are accepted through Oct. 21. For more information, call 751-6234.

**DHR CLOSURE**  
The Directorate of Human Resources offices will be closed Oct. 21 from 10:30 a.m. Alternate locations for ID card emergencies are the Soldier Family Assistance Center, Shaw Air Force Base and the South

Carolina National Guard Center.  
**KNIGHT POOL HOURS**  
Knight Pool is open from 6 a.m. to 2 p.m. and 4:30 to 7 p.m., Monday through Friday.

**SYMPOSIUM ON INSURGENCY**  
The keynote event for the symposium “War by Another Means: Perspectives on Insurgencies” is scheduled for 7 p.m., today at the 81st Regional Support Command auditorium. The two-day symposium is scheduled for Friday and Saturday at the South Carolina Archives. The keynote event is free. Registration for the symposium costs \$20. For more information, call 777-2340 or visit [www.warbyanothermeans.cas.sc.edu](http://www.warbyanothermeans.cas.sc.edu).

**CIF TESTS APPOINTMENT SYSTEM**  
Appointments are now necessary for in- and out-processing services at the Central Issue Facility. The facility will test using appointments for 90 days before determining whether to adopt that system on a permanent basis. Soldiers are encouraged to schedule appointments in advance. To schedule an appointment, call 751-6524.

**VETERANS DAY BALL**  
The 171st Infantry Brigade will host its fifth annual Veterans Day ball at 6 p.m., Nov. 4 at the Medallion Center. Tickets cost \$25. For more information, call 751-3311/7110/6253.

**THRIFT SHOP NEWS**  
The Thrift Shop has now switched to accepting winter clothes and is no longer accepting summer clothes.  
The Thrift Shop is now accepting items for Halloween, Thanksgiving and Christmas. Customers should not put holiday items and regular items on the same assignment sheet.  
Starting Oct. 25 (and every other week after), the Thrift Shop will award \$2 coupons off any item to customers who wear college colors.  
The Thrift Shop’s Cinderella Project has free ball gowns for sergeants and below and spouses of active-duty sergeants and below.

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil)*

*[jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations.*

Off-post events

*The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.*

**RESERVE OFFICERS ASSOCIATION**  
The Palmetto Chapter of the Reserve Officers Association will meet at 6 p.m., Tuesday at Lizard’s Thicket, 818 Elmwood Ave. For more information, visit [www.roa.org/sc-ch06](http://www.roa.org/sc-ch06).

**BONE MARROW DRIVE**  
Rice Creek Elementary School at 4751 Hard Scrabble Road will host a bone marrow drive for second-grade student Alyah Haynes from 3-7 p.m., Friday. Donors will be asked to give a cheek swab sample and must be between 18 and 60 years old. For more information, visit [www.marrow.org](http://www.marrow.org).

**2ND DIVISION SOLDIERS SOUGHT**  
The Second (Indianhead) Division Association is looking for Soldiers who served in the 2nd Infantry Division. The association is planning a reunion in August. For more information, visit [www.2ida.org](http://www.2ida.org) or email [2idahq@comcast.net](mailto:2idahq@comcast.net).

SUBMISSION GUIDELINES

Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.  
For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609. For information about display advertising, contact Kathy at 786-5681.  
The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes. The Leader reserves the right to edit letters for grammar, style, spelling and brevity.



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# Fort Jackson FMWR helps post families fall into fun

By **THERESA O'HAGAN**  
Fort Jackson FMWR

The brutal heat of summer is passing and Fort Jackson is experiencing cooler temperatures. Now is the perfect time to get out and enjoy some family time together. Fort Jackson Family and Morale, Welfare and Recreation has something for everyone.

Enjoy poetry, music and spoken word under the stars Friday at 7 p.m. in Patriot Park between Palmetto Falls Water Park and Palmetto Greens Miniature Golf. The event is free and open to everyone to just enjoy or get up and perform. To perform, contact Chuck Stoudemire at 751-0891. Bring your chairs and blankets for seating and sip free hot chocolate and coffee while nibbling on desserts.

The Air Force Reserve is bringing Big and Rich with special guest Eric Paslay to Hilton Field on Saturday, Oct. 22 at 7 p.m. This "Tour for the Troops" concert is free for all Department of Defense ID card holders and their families.

For those who prefer to get out and be active in the great outdoors, Outdoor Recreation has a family-friendly trip to Chimney Rock planned for Oct. 22, as well. Chimney Rock at Chimney Rock State Park is located in Chimney Rock Village near Lake Lure in the North Carolina Mountains and features Hickory Nut Falls, the Opera Box, the Great Woodland Adventure and Devil's Head. Outdoor Recreation does the driving, and there is plenty of room for the whole family (even car seats) on the minibus.

Hike the Hickory Nut Falls trail. It's

well worth the effort to get to the foot of Hickory Nut Falls, one of the highest waterfalls east of the Mississippi River. Take the Skyline Trail up to the Opera Box where hikers can rest and take in all the majestic beauty of the area. Upon entering this unique spot, hikers are covered by a rock overhang with a narrow horizontal opening that presents panoramic scenes of sky, water and trees while the wind and the birds provide the perfect soundtrack.

At the Great Woodland Adventure, woodland creatures take the spotlight at 12 discovery stations along this easy .6-mile winding trail.

Grady the Groundhog, the park's mascot, illustrates how his forest friends live, including chipmunks, frogs, owls and butterflies.

Try to jump as far as a spider, spot the salamanders or name the birds of prey soaring above. Larger-than-life wood and metal sculptures bring the trail to life. Grady's Animal Discovery Den, home to live critters, is located next to the trailhead. At the start of the Skyline trail just



above the Chimney, there is a menacing rock face peering out over the gorge. On even closer inspection, it appears to have taken on the countenance of evil incarnate — it's the Devil's Head.

The cost of this trip is \$20, and children ride free. Register at or by calling Marion Street Station at 751-3484. The minibus leaves from Marion Street Station at 8 a.m. and returns at 8 p.m.; just in time to catch Big and Rich taking the stage at Hilton Field.

Round out the month with Child, Youth and School Services Fall Festival, which is scheduled for 7-9 p.m., Oct. 28 at the Solomon Center. This event is free and age-appropriate for all children.

All activities, games, prizes and treats are free. For older and not easily scared attendees, transportation is being provided from the Solomon Center to the Haunted Room at the Youth Center. For more information, call 751-4865.

November is a Military Family Appreciation Month and events, contests and more are in the works.

Information and updates will be featured in this publication as well as on the Family and MWR website, [www.fortjacksonmwr.com](http://www.fortjacksonmwr.com) and the Family and MWR Facebook page.

## FMWR calendar

### THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

### FRIDAY

- ☐ **Coffeehouse Under the Stars**, 7 p.m., at the park between Palmetto Falls Water Park and Palmetto Greens Miniature Golf. Open mic event includes free coffee, hot chocolate and dessert.
- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Friday Dollar Daze at **Century Lanes**, 6 p.m. Call 751-6138 for more information.
- ☐ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

### SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

### SUNDAY

- ☐ Try Hickory Bistro at the Officers' Club, 11 a.m. to 1:30 p.m. Get your favorite breakfast or lunch dishes at a new lower price.
- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

### WEDNESDAY

- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
- ☐ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 27 Leader must be submitted by today.

Announcement submissions are due one

week before publication.

For example, an announcement for the Oct. 27 Leader must be submitted by Oct. 20.

Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil) or call 751-7045.



Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>



# Think P.I.N.K. for breast cancer awareness

By **THERESA K. JACKSON, PH.D.**  
U.S. Army Public Health Command

October brings with it many great things—the start of autumn, beautiful foliage, football games, candy corn, pumpkin lattes at Starbucks ... and a lot of pink.

In October, we see pink ribbons, pink candies, pink T-shirts, pink bracelets and pink sneakers. In recent years, we have even seen hot pink accents on our favorite NFL players.

So why does the first full month of autumn take on a rosy hue across America? Unfortunately for some, it is not a second coming of Valentine's Day (though who wouldn't love some extra flowers and chocolate?). Rather, all of the pink we see from now through Halloween is to raise awareness for women's health because October is National Breast Cancer Awareness Month.

Breast cancer is the most common cancer in women worldwide. About one in eight women in the United States (12 percent) will develop invasive breast cancer over the course of their lifetime. In fact, this year in the United States alone, more than 230,000 women — or nearly 600 women per day — will be diagnosed. Though we may not see splashes of hot pink on our Soldiers' Army Combat Uniforms or Battle Dress Uniforms this month, we can all support the national campaign against breast cancer. Therefore, the U.S. Army Public Health Command encourages all of our female Soldiers and Army wives, sisters,



## MORE TO KNOW

The Moncrief Army Community Hospital Surgical Clinic and Army Public Health Nursing are hosting "An Evening of Pink," 6 to 10 p.m., Oct. 21 at the Fort Jackson Officers' Club. Dr. David Lipsi, a general surgeon at MACH, and Dr. Steven Madden, a local hematologist and oncologist, will both speak. Doors open at 5:30 p.m. Tickets are \$7. Call 751-2974/5251 for more information.

mothers, and daughters to Think P.I.N.K. this October:

### P — PARTICIPATE IN SCREENING

The chances of survival are better if any cancer is detected early and before it spreads to other parts of the body. In fact, when breast cancer is found early and confined to the breast, the five-year survival rate is 98 percent. To promote early detection, the American Cancer Society recommends that women in their 20s and 30s receive a clinical breast exam every three years and that women age 40 and older receive a yearly CBE as well as a yearly mammogram.

### I — INVEST IN PREVENTION

Women often struggle with balancing family, work and taking care of themselves. Being sure to eat right, get enough sleep, avoid alcohol use and exercise. These actions not only help you feel better, but may also reduce your risk of cancer. In one study from the Women's Health Initiative, as little as 1 1/4 to 2 1/2 hours per week of brisk walking reduced a woman's risk of developing breast cancer by 18 percent.

cer by 18 percent.

### N — NOTE YOUR RISKS

All women are at risk for breast cancer. The two most important risk factors for breast cancer are being female and getting older. Most breast cancers and associated breast cancer deaths occur in women ages 50 and older. Risk also increases if you have a first-degree relative (mother, daughter or sister) who has been diagnosed with breast cancer. Knowing your risks, communicating them with your health care provider and following the appropriate screening recommendations is key to early detection.

### K — KNOW YOUR BODY

No matter your age, you should become familiar with how your breasts look and feel. If you notice any changes such as a lump, swelling, dimpling, pain or redness, see your health care provider right away. Finding a breast change does not necessarily mean that you have cancer; your provider will be able to offer you additional information and advice on the next steps.

If you or your family member would like additional information on Women's Health Month and Breast Cancer Awareness, please visit:

American Cancer Society, <http://www.cancer.org/Cancer/BreastCancer/index>;

National Cancer Institute, <http://www.cancer.gov/cancertopics/types/breast>;

National Women's Health Resource Center, <http://www.healthyywomen.org/>;

Susan G. Komen for the Cure, <http://www5.komen.org/>;

U.S. Department of Health & Human Services Office on Women's Health, <http://www.womenshealth.gov/>.

## Tips help parents, couples cope with deployments

By **JAMES W. CARTWRIGHT, PH.D.**  
U.S. Army Public Health Command

Separation from a loved one who is deployed can be an emotionally difficult time for all family members. The emotions can vary from low energy levels, feelings of sadness, anger, excitement, restlessness, tension, frustration, resentment and depression. Additionally, there are many challenges for military families to overcome during deployments. It is important to recognize and understand these challenges in order to effectively cope with the separation during deployment.

An important challenge for Soldiers and family members is to avoid the pitfalls often associated with deployments. Common pitfalls are arguments prior to deployment. These arguments are generally the result of distress due to the upcoming separation. Realize this distress, and try not to take these arguments too seriously. Another pitfall is a failure to discuss expectations regarding child-rearing, financial management, or intimacy concerns. These issues sometimes can be a source of misperception, distortion and hurt later during deployment. Soldiers and spouses attempting to resolve these major pitfalls via long distance are often not successful.

Another pitfall is listening to or repeating rumors. It is best not to repeat the rumor. Because of rapid communication, rumors can spread unchecked. For example, one Family Readiness Group member passing on allegations of infidelity about another group member can cause a great deal of psychological damage to individuals identified in the rumor. Such rumors also cause harm to Soldiers,

family members, FRG members and unit cohesion. Avoiding these pitfalls will ensure that the stress related to deployment separation will be much more manageable.

Another challenge is to recognize the deployment-related stressors that will impact the Soldier and family during separation and then develop strategies to cope with these stressors. To help minimize the impact of deployment-related stress, the Soldier and family member(s) can do the following.

### TIPS FOR COUPLES

- ❑ Discuss expectations for managing finances, children and personal conduct before deployment.
- ❑ Expect changes in departure and return dates.
- ❑ Accept growth and change in all family members.
- ❑ Reserve disagreements for face-to-face encounters with your spouse.
- ❑ Put existing and unresolved marital issues on hold until the Soldier returns home.
- ❑ Communicate regularly and creatively with the Soldier. End communications on a positive note.
- ❑ Keep the Soldier's parents informed and give mutual support.

### TIPS FOR PARENTS

- ❑ Establish and maintain supports that help the family cope.
- ❑ Plan for family stress relievers like fun outings and get-togethers.
- ❑ Plan opportunities for the at-home parent to get breaks from the children to revive emotionally and physically.

- ❑ Encourage family members to share feelings and give assurances.

- ❑ Honestly discuss the Soldier's deployment. Share information about the Soldier's work and what the parent is doing for our country

- ❑ Answer questions openly and honestly, using words children can understand.

- ❑ Provide a calendar or some measure to help a child count the days the parent has been deployed.

- ❑ Maintain a structured and safe emotional and physical environment for children.

- ❑ Make sure the deployed parent is part of everyday conversations.

- ❑ Help children sort out what they hear and see in news reports

- ❑ Find out what children know and understand and talk with them about their feelings. Follow the child's lead. Give a small piece of information at a time and see how the child responds before deciding what to do next.

- ❑ Provide children with a method to communicate to the deployed parent, such as letter writing or email access. Make it creative and fun.

- ❑ Maintain family routines and traditions during the other parent's absence.

- ❑ Keep children involved with outside activities and maintain communications with schools.

The bottom line is that the Soldiers and family members need to remain calm, go slow, stay informed and stay involved to cope during these challenges. An excellent source of help during this time is the unit's Family Readiness Group.



# What do you want your life’s epitaph to be?

By **CHAPLAIN (CAPT.) PATRICIA NICHOLS**  
*120th Adjutant General Battalion (Reception)*

Sitting in Unit Ministry Team training the other day I was intrigued by a question posed by the presenting chaplain. He asked, “What would you like the epitaph of your career to be?” He had us think for a minute and then jot it down.

I sat thinking: At the end of my career what do I want to be known for?

When it’s all said and done, when my uniform hangs in the closet worn only on those rare occasions, what will matter?

What do I want my retirement epitaph to be?

The chaplain encouraged us to live each day with the end in mind.

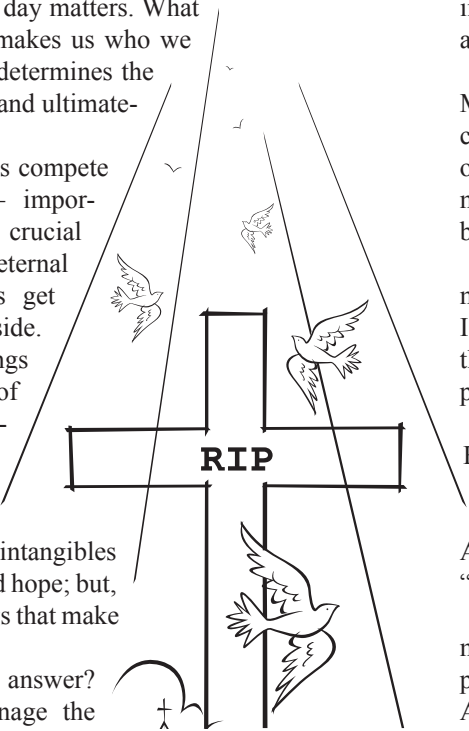
Those of us in the military experience many beginnings and endings. Our careers are made up of tours, and at the end of each tour, an epitaph, of a sort, is pronounced in the form of an award, a speech, a certificate, a plaque or maybe even a moment of silence if our leadership has been lacking (though hopefully not).

In reality, a tour of duty is just a composite of days.

What we do each day matters. What we do each day makes us who we are. Daily living determines the epitaph of a tour, and ultimately of a career.

So many things compete for our time — important things, even crucial things — that eternal things sometimes get pushed to the side. Temporary things — the multitude of tasks and daily demands — take up a lot of our time, and it is easy to lose sight of the intangibles like faith, love and hope; but, these are the things that make life meaningful.

So what is the answer? How do we manage the



important, the necessary, the crucial? We manage one day at a time. We make each day a masterpiece.

As author John Maxwell asserts in his book, “Today Matters: 12 Daily Practices to Guarantee Tomorrow’s Success,”: “No major changes occur unless something about one’s daily life changes.” Beginning with the end in mind motivates me to do those daily things that will cause me to become who and what I want to be.

So now is a good time to ask, “How am I doing in the most important areas of my life? What small thing could I do today that would make a big difference if sustained throughout my life? How can I make today a masterpiece?”

As for me, at the end of each day, I want to hear my Heavenly Father say, “This is my beloved daughter in whom I am well-pleased.” At the end of my career I hope people say, “She loved God, and she loved people.” And, at the end of my life, I want to hear those final words, “Well done, good and faithful servant!”

Today as you go about your business, I pray you are mindful of the eternal. I pray you are filled with God’s peace and that you make today the best day possible. Amen!



**PROTESTANT**

- Sunday  
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center  
9:30 a.m. Hispanic, Post Theater  
9:30 a.m. Main Post Chapel  
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)  
10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)  
10:45 a.m. Sunday school, Main Post Chapel  
11 a.m. Memorial Chapel  
11 a.m. Chapel Next, Bayonet Chapel
- Wednesday  
6 p.m. Prayer service, Magruder Chapel

**Protestant Bible Study**

- Monday  
7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday  
9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday  
6 p.m. Gospel prayer service, Daniel Circle

- Chapel  
7 p.m. Gospel Bible study, Daniel Circle
- Chapel  
7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday  
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

**Protestant Youth of the Chapel**

- Sunday  
5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday  
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

**CATHOLIC**

- Monday through Friday  
11:30 a.m. Mass, Main Post Chapel
- Sunday  
9:30 a.m. CCD (September through May), Education Center  
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel  
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel  
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel  
11 a.m. Mass (Main Post Chapel)  
12:30 a.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post

- Chapel
- Wednesday  
7 p.m. Rosary, Main Post Chapel  
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
  - Friday  
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

**ANGLICAN/LITURGICAL**

- Sunday  
8 a.m. Anderson Street Chapel

**ISLAMIC**

- Sunday  
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday  
1 to 2 p.m. Jumah services, Main Post Chapel

**JEWISH**

- Sunday  
9:30 to 10:30 a.m. Worship service, Memorial Chapel  
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

**LATTER DAY SAINTS**

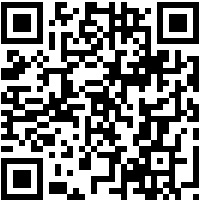
- Sunday  
9:30 to 11 a.m. Anderson Street Chapel
- Thursday  
7 to 8 p.m. LDS scripture study, Anderson

- Street Chapel
- CHURCH OF CHRIST**
- Sunday  
11:30 a.m. Anderson Street Chapel

- ADDRESSES, PHONE NUMBERS**
- Anderson Street Chapel**  
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**  
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**  
4581 Scales Ave.
- Family Life Chapel**  
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**  
4360 Magruder Ave., 751-3883
- Main Post Chapel**  
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**  
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**  
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**  
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**  
4475 Gregg St., 751-3121/6318



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Log on to your account and search for “Fort Jackson Leader.”



# Auto title loans not a quick money fix

From the Legal Assistance Office

The 2007 Military Authorization Act makes it illegal for creditors to grant car title loans to military members. While the legislation did result in many payday and title lenders closing up shops around military bases, some locations and websites still market specifically to military members.

Whether you are a Soldier, family member, or retiree, you should think twice about what you may be getting yourself into before you use your hard-earned vehicle as security for a loan. Auto title loan companies advertise their services as quick and temporary loans to help consumers get out of jams, but many people wind up with a larger and more long-term problems. Borrowers can end up paying very high-interest rates and a great deal of money, or may even lose their vehicles.

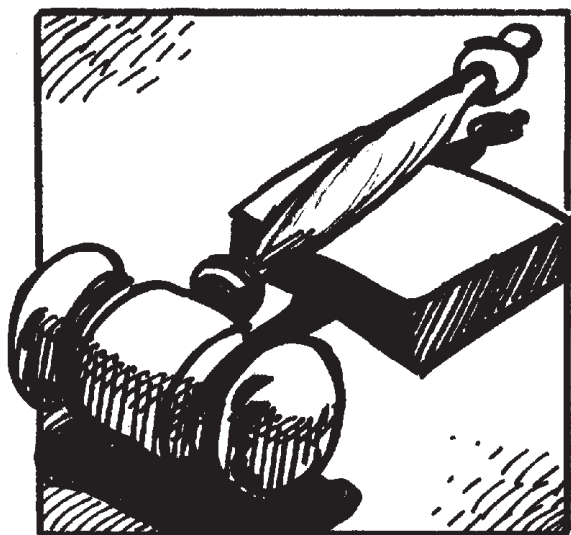
*What exactly is an auto title loan?*

An auto title loan is a short-term loan, usually no longer than 30 days, for which a car title is used to secure the loan. This means if the loan is not repaid, the lender may take the car and sell it to get the loan money back. The lenders make money from high-interest rates and the repossession of cars when borrowers cannot pay off the loans.

*How much does an auto title loan really cost?*

The loan is generally written with an interest rate for a short-time period. For example, the loan will show a 25 percent interest rate for one month. But this rate over a year is actually 300 percent. At the end of the initial 30-day period, the lender will accept the interest payment and allow the debt to be “rolled over” for another month. On a \$600 loan, the interest would be approximately \$150. This means the total owed is \$750.

If only the interest of \$150 is paid for the month, the borrower still owes \$750 the next month. In South Carolina, the lender may not allow the loan to be renewed more than six times. The vast majority of auto title loans in South Carolina are for more than \$600 because South Carolina law limits interest rates on



loans under that amount.

*How do I know that the interest rate on an auto title loan is high?*

Some auto title lenders may state that they charge a “fee” and not an “interest rate.” The Federal Truth in Lending Act requires that both interest and fees be combined and disclosed to borrowers as an Annual Percentage Rate (APR). Whether the loan is two weeks or two years, the cost of the credit must be disclosed in terms of APR. South Carolina law also mandates that the lender provide the following notice on the loan paperwork: “This is a high-interest loan. You should go to another source if you have the ability to borrow at a lower rate of interest. You are placing your vehicle at risk if you default on this loan.”

*What happens if the loan on the vehicle is not paid off?*

Except when there is fraud, the only thing the auto title lender can do is to repossess (take it from the borrower) and sell the car. The lender may not sue the borrower to repay the loan, but they will take the car. Contact a lawyer if this is about to happen.

*What if after I sign the papers I want to get out of the*

*deal?*

You have the right to cancel or rescind the deal for one business day. Borrowers must repay the amount borrowed without interest until the close of business on the day after the date the original loan began. For example: If someone borrows \$601 Tuesday, he or she must give back all the money Wednesday, but without any interest.

*What if the auto title lender advertises a lower interest rate at first, but then increases the rate in later renewals?*

By law, the lender may not advertise or offer a lower interest rate for the original period if the interest rate increases in later renewals. For example, the lender may not advertise a 10 percent interest rate, if that rate increases to 25 percent in the renewal periods.

*If I really need money now, what should I do?*

If you are in need of financial assistance, you should look into other options. For example, you may be able to obtain assistance from military aid societies, such as Army Emergency Relief. You may also be able to borrow from families or friends, or obtain a loan from a credit union, bank, or a small loan company that will likely offer much lower rates than payday or title loans. Be sure to ask for special offers for military applicants, and seek advice from a financial counselor and/or attorney before signing any paperwork.

## Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to service members, retirees and eligible family members.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

The office is closed on federal and training holidays. The office is located at 2600 Lee Road.

## FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Maj. Raymond Simons**

Director, Emergency Services/Provost



Marshal

**Sgt. Maj. Bruce Sirois**  
Provost Sergeant Major

**Bill Forrester**  
Fire Chief

### CASES OF THE WEEK

❑ A civilian was charged with possession of a controlled substance, disorderly conduct and resisting arrest in an

incident at the Solomon Center, Military Police said. The civilian's car was blocking the roadway, and she became hostile when asked to move it, MPs said. The civilian then resisted arrest and attempted to flee the scene, after which she was apprehended and transported to the Provost Marshal's Office, MPs said.

During a search, MPs then found a glass pipe with residue and a plastic container containing a green leafy substance, MPs said. The civilian, who was also charged with unlawful parking, was escorted from

the installation.

❑ A civilian was charged with shoplifting in connection with the theft of three video games from the Main Exchange, MPs said. The value of the items was \$120. The civilian was released to his sponsor.

❑ A civilian was denied access to the installation after attempting to enter the post with a revoked vehicle registration, MPs said. The vehicle was towed from the installation.



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# Army team victorious in Ten-Miler

By TIM HIPPS  
IMCOM

ARLINGTON, Va. — Tesfaye Sendeku Alemayehu ran away with the men’s division, Tezata Dengera led the women, and runners from the U.S. Army World Class Athlete Program and All-Army Sports successfully defended the International Cup in the 37th running of the Army Ten-Miler Sunday at the Pentagon.

Alemayehu bolted to the front during the first mile, stretched his lead to 80 meters in the second, and ran uncontested to victory in 47 minutes, 51 seconds on the new course that started and ended on the north side of the Pentagon. Dengera led the women with a time of 56:35.

WCAP runners Robert Cheseret and Augustus Maiyo finished second and third with identical times of 48:21 to lead the U.S. Army Team (3:16:05) to victory over the Brazilian Army (3:16:09) and Canadian Elite Team (3:49:21).

WCAP runner John Mickowski (49:37) of Fort Carson, Colo., Charles Ware III (49:46) of Wheeling, Ill., and WCAP Kenny Foster (50:20) of Fort Carson completed the scoring for the U.S. Army Team.

Alemayehu, 27, an Ethiopian who lives in Antioch, Calif., earned \$17,500 for finishing second in the 2011 Rock ‘n’ Roll San Diego Marathon with a time of 2 hours, 12 minutes, 21 seconds. Despite no prize money on the line, he was determined to win the 2011 Army Ten-Miler from the start.

“I was just focused to go hard,” Alemayehu said of leading the field through the first mile in 4:45. “Even I didn’t check the time. I trained hard and I was focused to win this race because last year I was second place, so this year I decided to win.

“I came here to win this race, and I am very glad to run with the wounded warriors. But I was going to win, you know?”

Most of the runners in the lead pack thought Alemayehu’s early lead would dissipate, but the Ethiopian never wavered.

“The first mile, he really took off,” said Maiyo, 28, a two-time All-America cross-country runner at the University of Alabama with sights set on the 3,000-meter steeplechase at the 2012 U.S. Olympic Track and Field Trials. “I thought he would come back to us. I thought he was going to run the first mile hard and then settle, but he just took off and left us. We were hoping to maybe catch up by three miles, but he was gone. We should have gone with him.”



Photo by JIM HINNANT, FORSCOM

**Steven Delvaux, 3rd Battalion, 13th Infantry Regiment, competes in the 37th Army Ten-Miler Sunday as part of the Fort Jackson active-duty men Team One. The team finished 18th in its category. Fort Jackson fielded three active-duty men's teams, featuring more than 20 runners.**

Cheseret, 28, a native of Kenya who is training for the 10,000 meters at the U.S. Olympic Track and Field Trials, seconded that sentiment.

“We thought maybe we could catch him near the end because he was looking back for a while,” said Cheseret, who ran his last two miles of the Army Ten-Miler in 4:52 and 4:46. “We started out a little conservative, and he went too far ahead. I guess that’s a lesson for next year. We’ll try to go with him next year.”

Alemayehu passed the five-mile mark in 23:23 with about a 400-meter lead. He never sipped a drop from the Soldier-armed water stops along the route that weaved through Washington’s most historic monuments.

“They didn’t follow me, so I kept going,” said Alemayehu, who cherished the victory. “Winning this race is history. This is a big race. We can run for the prize money, but running

with the wounded from the Army is worth more than money. They are sacrificing for the country. We always run only for prize money, but sometimes it’s better to run for something better like this.”

Mickowski, 25, a native of Mukwonago, Wis., ran his personal-best time Sunday to help defeat the Brazilians in the team race. He, too, realized how the front-runner got away.

“I think I could have gone out a little harder,” Mickowski said. “Last year, we all went out really hard, and we paid for it. This year, we went out kind of conservative, and paid for it. Yeah, so, we’ll get it right one of these days. It’s just a hard distance to gauge because none of us really run it. We run it once a year.

“I’m just glad that I’ll be able to get back to running the mile after this.”

## Sports shorts

### COMMANDER'S CUP BOWLING

Names for Commander's Cup bowling are due to the Sports Office by Oct. 26. Each battalion may have up to three teams of four for each of the tournament's three days. Awards for male/female high game; male/female high series and top unit will be awarded. This is for active duty only.

**ADULT SWIM LESSONS OFFERED**

Adult swimming lessons are being offered at Knight Swimming Pool. The eight classes are scheduled throughout two four-week sessions. Two time slots are available each session for beginner classes. Register at Marion Street Station or the Solomon Center prior to the start of the session. Cost is \$45 per session. Call 751-4796 for more information.

*Session 1:* Classes are scheduled for Mondays and Wednesdays, Oct. 10 through Nov. 2. Beginner classes are 11:45 a.m. to 12:45 p.m. or 4:45 to 5:45 p.m. Intermediate classes are 5:45 to 6:45 p.m., Mondays and Wednesdays, Oct. 10 through Nov. 2.

*Session 2:* Classes are scheduled for Mondays and Wednesdays, Nov. 7 through Dec. 2. No class will be held Nov. 23. Beginner class is 11:45 a.m. to 12:45 p.m. or 4:45 to 5:45 p.m. Intermediate class is 5:45 to 6:45 p.m.

**HALLOWEEN HOWL SET**

A Halloween Howl 5K and 10K fun run/walk is scheduled for 8 a.m., Oct. 29. Registration is open now through Oct. 27. Registration also will be available 7-7:45 a.m. the day of the event. No bikes or pets allowed.

### Flag football standings

Monday/Wednesday	
120th	6-0
MEDDAC	4-2
2-60th	4-2
TFM	3-4
3-60th	2-3
Roughnecks	2-4
2-39th	2-4
3-34th	1-5

Tuesday/Thursday	
TSB	5-1
187th	5-1
1-61st	3-1
193rd	1-2
4-10th	0-3
171st	0-6



Standings as of Tuesday

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